

The New Year Program



Create Your Vision For What Will Be

2019 Website Program Description

Join us for our New Year program, a 4-day/5-night journey of deep reflection and reconnection. Relax as you are guided into expanded states of consciousness far beyond your physical body. You will approach yourself, your life, and the future from a heartfelt perspective.

During this powerful experience, you will have the opportunity to journey within and get in touch with your total Self. Hemi-Sync® and Spatial Angle Modulation™ (SAM) audio guidance technologies will support you on your journey.

Journey to Your Inner Space. Discover More of Your Total Self.

Enter into states of expanded awareness. Consciously accept and release the past. Shift into empowered states for manifesting your desires.



During your New Year program, you will look at your life on physical, emotional, and spiritual levels, preparing for whatever the future brings.

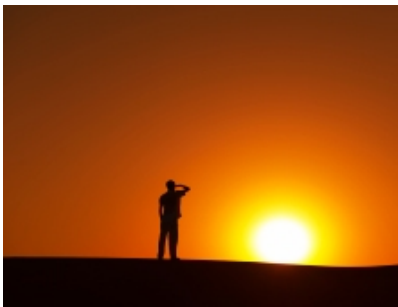
While in these deep meditative states, learn how to accept and release the past, achieve a Different Overview, and create your vision for the coming year.

Explore . . .

- Entering into levels of expanded awareness
- Achieving states of deep relaxation
- Shifting into empowered states for manifesting your desires
- Setting clear intentions for your future

Consciously Release the Past. Create Your Vision for the New Year.

I AM READY TO EXPLORE!



Your Teacher/Guide for this Exploration: Penny Holmes



Penny Holmes developed the Heartline Program in 1995 and has been leading this transformational course for over 20 years. As the stepdaughter of founder Robert Monroe, she has been deeply involved in TMI's efforts to support thousands of visitors to explore consciousness and uplift humanity. She is a graduate of the Energy Mastery School in Europe and the Whitewinds Institute of Energy Medicine. In addition, she has completed in-depth studies into Shamanism, Rosicrucian, Earth Energy, Sacred Geometry and

Biogeometry.

Your Co-Teacher/Guide for this Exploration: Patty Avalon



Patty Ray Avalon is creator and lead trainer of The EnergyBody Program. She is a highly talented artist, healer, energy worker, and teacher of consciousness enhancing techniques. Patty is a graduate and former faculty member of the Barbara Brennan School of Healing and has been a Residential Trainer at The Monroe Institute for over fourteen years. She created over 35 Hemi-Sync exercises through Monroe Products and continues to facilitate programs every year.

Your Facility for this Exploration: The Monroe Institute



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.

Relax and revitalize this holiday season. Join other like-minded people on this special celebratory journey at The Monroe Institute. You will sound the bell to ring out the old and bring in the new!

I AM READY TO EXPLORE!



The gift of this experience will carry throughout the following year and help you:

- Transform your outlook on life
- Feel renewed, clearer, and more joyful
- Uncover hidden aspects of yourself
- Gain inner wisdom
- Rejuvenate your mind, body, and spirit
- Appreciate your life on a deeper level

Clarify your vision for the coming year. Transform your outlook on life. Feel renewed and joyful.

I AM READY TO EXPLORE!

Don't take our word for it. Here's how others have described their New Year's experience at The Monroe Institute:

"I never imagined the level of knowledge and support that I would find here. I was able to accept aspects of myself which I had previously been unable to know how to process." - Cricket H.

"Based on years of experience attending many TMI programs, I must admit that the New Year Program really stands out as a beautiful jewel in the crown. It is a very special offering that is designed to leave a lasting, positive impression – like we all want the start of every new year to feel. First and foremost the program is an enormous amount of fun! The feeling of very beneficial change, super-charged by high energy is palpable throughout your time there. I can think of no better place to be at this important yearly turn than with like-minded enthusiastic and compassionate folks.

A host of best-in-class exercises taken from across the different TMI programs are utilized to help you examine your inner states with enormous depth and wisdom. A clearing out process sets the perfect stage for later work. With clarity of vision, you set goals and program deep within the profundity of your being for great success and happiness. TMI makes the process so meaningful and the camaraderie felt in taking on such important work in a joyful way leaves you with much satisfaction. You will never look at the New Year quite the same way again after attending TMI's NYP. I look back at the ground work that I carefully set down when I attended and am astounded by seemingly impossible and improbable accomplishments and changes in my life. Nothing is out of reach when you are honest with yourself and put your very soul into it with loving kindness. The program is indeed quite a life-changer. You leave a TMI NYP a better, more whole person with a fire in your heart." ~ Dean C.

"Being at The Monroe Institute for the New Year's Program is certainly one of the best ways I have ever said "Good-bye" to one year and welcomed the next. The varied audio exercises and the range of meaningful activities enabled me to reflect on, better understand, and energetically bring satisfying closure to the old year. Envisioning, accessing guidance, patterning, and being energized in the company of other participants created for me a truly auspicious entry into the New Year. Many thanks!" ~ E.J.W.

"I got more out of the New Year program than any other program I've taken. It helped me realize why I am on this earth." ~ T.M.

"Every one of the thirteen or more programs that I have taken at The Monroe Institute over the past five years has benefited me immensely. The New Year's Program is no exception. It provided me with the opportunity, tools, and support to really take a good look at my life, assess where I have been and where I would like to go. I can think of no better way to close out one year and launch a successful new year. Our trainer was superb, and the program participants added greatly to the overall experience. I would highly recommend this program to anyone who

is interested in their own multi-dimensional growth. The fact that the program is held in such a beautiful natural setting in full view of the Blue Ridge Mountains is a huge added bonus." ~ T.W.

"What a wonderful way to bring in the New Year! The program has directed my vision for the future, and as a result I feel peaceful about where I am headed in my life's direction." ~ A.S.

Our Powerful 4-day/5-night All-inclusive New Year Program Offers:

- Daily consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- Complimentary WiFi
- Massage therapy upon request (additional fee)

Save when you register early: Discount applies to program balance and not deposit:*

- Save \$400—180 days in advance
- Save \$300—120 days in advance
- Save \$100—90 days in advance

**Discounts apply to VA campus programs only and do not apply to OBE Intensive, My Big TOE, Starlines Reunion, Remote Viewing II, Discovery, Interspecies Communication, and Weekend Programs. Maximum discount \$500 per program.*

Transform your outlook on life. Feel renewed and joyful.



Usher in the New Year Knowing it will be Different from any Year You Have Previously Experienced or Imagined.

Create Your Vision for What Will Be. Join us at The Monroe Institute this New Year's!

I AM READY TO EXPLORE!



“Go experience for yourself.” ~ Robert Monroe

Please Note: The New Year program is unique to the individual. No one experience is like any other. Each participant will experience the New Year program in ways consistent with their needs and beliefs.

Note: Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Hemi-Sync®.